

Prime Time News

MOUNTAIN VIEW SENIOR CENTER

April

2012

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Coordinators

DIANE ATIENZA
SARAH FOSTER (acting)

Office Assistant III
ROY DAY

Recreation Specialist
NANCY HUGYIK

Nutrition Program
EARLENE MINNIS
650-964-6586

Evening Building Attendants

MORGAN BYLER
MANNY CANAAN
ALLIE RALPH CHING
BJ HATHAWAY
ANGELIKA IGNAITIS
JUSTINA LINAN
RICH STEPHENS



WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

Brain Gang

Join this workshop to learn more about the connection between your mental sharpness and your emotional wellbeing. Matt Burke, Social Services Director at Villa Sienna, will introduce you to his free class, "Brain Gang". Learn about this participant driven class that combines laughter with learning.

Date: Thursday, April 5

Time: 1:00 p.m.

Location: Social Hall



Elder Fraud

Join Janet Berry, Deputy District Attorney for Santa Clara County, as she helps you identify scams that target seniors.

Learn how these scams work and how you can protect yourself and your loved ones from being victimized. Also learn where to turn for help when faced with potential scammers.

Date: Thursday, April 12

Time: 1:00 p.m.

Location: Social Hall



Introduction to Printing

In the Senior Center Technology Room, you may print up to 25 pages for 5¢ each. How can you avoid printing too much or printing pages you don't intend to print? Join this workshop with Monica Lipscomb to make the most out of your printing. Learn how to preview documents before you print them and other simple printing tips.

Date: Wednesday, April 18

Time: 2:30 p.m.

Location: Technology Room

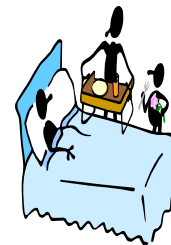
Advanced Care Directive

Take your future health into your hands! Join this workshop to learn about making your wishes for health care decisions known before you have an emergency through creating an Advanced Care Directive. This overview will include information on the latest documents to prepare & inform.

Date: Thursday, April 19

Time: 1:00 p.m.

Location: Social Hall



WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

MOVIES, MOVIES, MOVIES!

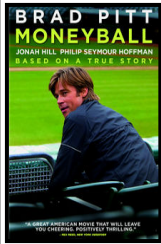
Come to one of our triple showings! **

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



Moneyball: April 3, April 4, April 6

RATED: PG-13

LENGTH: 133 Minutes

An all-star cast brings to life the true story of Billy Beane (Brad Pitt), a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's, a major league baseball team struggling against financial hardship.



Rise of the Planet of the Apes : April 10, April 11, April 13

RATED: PG-13

LENGTH: 105 Minutes

This reboot of the Planet of the Apes franchise is a prequel set in modern-day San Francisco, where scientists are conducting genetic research on apes. The evolved primates develop advanced intelligence and revolt against being used as lab rats.



Dolphin Tale: April 17, April 18, April 20

RATED: PG

LENGTH: 113 Minutes

A badly maimed juvenile dolphin is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. After losing its tail to a crab trap, the dolphin is doomed until a young boy spots its plight.



Courageous: April 24, April 25, April 27

RATED: PG-13

LENGTH: 129 Minutes

Despite showing bravery on the job, a group of law enforcement officers find themselves undone when tragedy strikes at home in this social drama. With the aid of their beliefs, however, the men find a deeper well of courage in their hearts.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, April 16th at 2pm**. It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO

-Feeling LUCKY?

Join us on

Monday, April 2 at 1:00 p.m. in the Social Hall for Big Bingo.

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

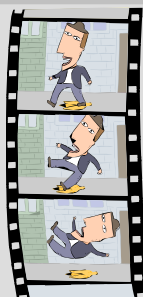
• Old eyeglasses • Magazines • DVDs • Paperback books •



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month (**4/10/2012**) in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 am – 11:30 am. Up next for discussion is “Secret Daughter” by Shilpi Somaya Gowda. May’s book selection is “Pearl of China” by Anchee Min.

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- ◆ Sign-in upon arriving to the facility at either the front or back entrance
- ◆ Participate in social service, educational and recreational programs
- ◆ Socialize with other participants
- ◆ Obtain information and referrals for needed services
- ◆ Voice ideas and concerns regarding programs



Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- ◆ Treat others with courtesy and respect
- ◆ Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- ◆ Refrain from the consumption of alcohol on the premises
- ◆ Attend any required program orientations, including specific guidelines for use of facility equipment
- ◆ Follow guidelines for use of facility equipment
- ◆ Follow rules of any programs or classes participant attends

LIVING WELL WITH CHRONIC CONDITIONS

Learn how to self-manage your health in this 6-week course offered by Stanford Hospital and Clinics. In this free program, learn to:

- ♦ Communicate with family, friends, and physicians
- ♦ Develop and maintain an exercise program
- ♦ Eat healthily and manage stress
- ♦ Manage medications appropriately

**Mondays, April 25 through June 6, 2012
(no class May 16) 9:30 a.m. – 12:00 p.m.**

Pre-registration is required and you may sign up at the Senior Center front desk. For questions, contact Peggy Simon at 650-725-4137 or pesimon@stanfordmed.org.

INCOME TAX ASSISTANCE APPOINTMENTS

Tax assistance is provided by AARP volunteers. Tax appointments are available each Tuesday and Wednesday, 9:00 a.m.-12:00 p.m. through April 17, 2012. To sign up, visit the Senior Center front desk or call 650.903.6330 for an appointment.

What to bring to your appointment:

- a. Copy of last year's state & federal income tax returns
- b. W2 form (from employer)
- c. 1099-INT (regarding interest income)
- d. 1099-DIV (regarding dividends income)
- e. 1099-R (retirement and IRA income)
- f. SSA-1099 from social security
- g. 1099-B (for sale of stock) plus original cost and date of purchase info.
- h. Any other 1099 Forms received
- i. If deductions are claimed, bring information to support
- j. Name and address of landlord to receive state renter's credit
- k. Property tax bill paid 2011

**AARP cannot file joint returns for Registered Domestic Partners at the Senior Center.

VISIT MOUNTAIN VIEW'S MOBILE LIBRARY AT THE SENIOR CENTER!

Why make a trip to the library when the library comes to us! Mountain View's mobile library makes weekly visits to the Senior Center on Thursdays between 10:30 am -11:15 am. You can find them parked in front of the Senior Center. Use your library card to borrow a good book and read away!



BROWN BAG RENEWALS

Mark your calendars! The Brown Bag Renewal will take place on Tuesday, June 5, from 8:30am to 10:30am.

FREE HEARING SCREENING!

On Wednesday, April 11, San Jose State University students will be offering free hearing tests accompanied by counseling on the status of your hearing, communication strategies for how to communicate when you have trouble hearing, and tips on how to communicate with people who have difficulty hearing. Appointments available from 9:00am - 10:30am. Register early at the Senior Center front desk. Space is limited.

Summer is Around the Corner!

Although spring has just arrived, summer is right around the corner! Keep your eyes peeled for our Summer Class Guide for more information on classes that will be offered at the Senior Center. Our Class Guide is tentatively scheduled to be released in early May.

VOLUNTEER CORNER

February 2012

Brown Bag	192
Lunch Program	241.5
Receptionists	174.5
Social Services	42
Teaching	219
Total	869 hours!!

FREE BLOOD PRESSURE CHECKS

The Senior Center offers free weekly blood pressure checks to seniors every Friday from 10:30 am – 11:30 am.

No appointment necessary!

Just show up, sign-in, and wait your turn. Keep track of your blood pressure for better health!



Important VTA Discount Pass Changes

Starting July 1, 2012, VTA is scheduled to discontinue the sale of paper monthly passes and Senior/Disabled Stickers. The VTA will transition monthly pass customers onto Clipper*.

The Senior Center will no longer sell the \$25.00 discount stickers, effective July 1, 2012.

If you have any additional questions please call the VTA Ticket Desk at (408) 321-5527 or visit www.clippercard.com or

www.vta.org/clipper

The Senior Center will not sell Clipper cards. Clipper cards may be obtained at Walgreens.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. - 4:00 p.m.

Upcoming meetings in 2012 will be:
April 18, May 16 and June 20.

Wii Bowling

Each Tuesday at 4pm, you can test your bowling skills using our Wii. Bowling using the Wii is similar to bowling at your favorite bowling alley. The only things that are missing are the bad shoes, bad shirts and the uncomfortable seats. The action is entertaining and a good workout. Come join the fun and set the daily high score. See you soon.



INTERESTED IN PLAYING TABLE TENNIS?

The Senior Center wants your help. In an effort to help our table tennis participants enjoy their experience at the Senior Center, please pick up a table tennis survey at the front desk and provide your input. Everyone will benefit. Thank you.

The Senior Center's table tennis tables are open to ALL seniors who want to play! To play on the indoor tables, **you must sign up at our front desk** for a half hour time slot, up to half an hour in advance. (you do not need to sign up to use the outdoor table). All skill levels from novice to experienced can use the tables, so join the fun now!



TABLE TENNIS TABLE 1 WILL BE CLOSED ON TUESDAYS AND WEDNESDAYS STARTING WEDNESDAY, FEBRUARY 1ST until TUESDAY, APRIL 17TH, FOR THE 2012 TAX SEASON.

Appointments are necessary, unless otherwise noted.
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES



ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**4/25/12**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLOSS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**4/10/12 & 4/24/12**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**4/09/12 & 4/24/12**).



NOTARY SERVICE - Offered the **first Thursday** (**4/5/12**) of each month. Appointments available from 8:30 - 10:30 a.m.

PODIATRY SCREENING - **Third Wednesday** (**4/18/12**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday** (**4/05/12 & 4/19/12**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation for ages 60+ is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **April 12, 2012 at 10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon.** Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



CSA INFORMATION + REFERRAL

On the **third Tuesday** of each month (**4/17/12**) at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, April 3, 2012 from 4:30 p.m. to 9 p.m.** The fee for the **refresher** driving instruction session is \$12 for AARP members and \$14 for non-members. To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for **June 19 and 26, 2012 from 5:00 p.m. to 9:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier. **ONLINE** - Driver Safety program now available. Visit www.aarp.org for information & to sign up. **NOTE:** AARP may cancel course if fewer than 10 students enroll.

Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

CHUKCHANSI GOLD

CASINO, Coarsegold

WHEN: Wednesday, April 4, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

RIVER ROCK CASINO, Alexander Valley

WHEN: Thursday, May 3, 2012

COST: \$31 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

BLACK OAK CASINO, Tuolumne

WHEN: Tuesday, June 5, 2012

COST: \$28 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

Travel Trips to put on your 2012 calendar

July 9th:	Jackson Rancheria
July 26th:	Annieglass Studio & Shadow Restaurant, Capitola
Aug 6th:	Feather Falls Casino
Sept 4th:	Thunder Valley Casino
Oct 3rd:	High Hill Ranch/ Apple Hill
Oct 8th:	Chukchansi Gold Casino
Nov 6th:	Cache Creek
Dec 4th:	Red Hawk

A DAY AT THE RACES

WHEN: Thursday, April 12, 2012

COST: \$78.00 per person

INCLUDES: Join us for a day at the beautiful **Golden Gate Fields**.

We'll see the best jockeys in the nation as they ride big beautiful horses that fly around the track.

Lots of color and excitement, particularly if the one you have bet on is in the lead. Also included is a Buffet Lunch at the Turf Club.

DEPART: 10:15 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.



CULINARY INSPIRED

NAPA VALLEY DAY TOUR

WHEN: Monday, May 14, 2012

COST: \$111.00 per person

INCLUDES: For more than six decades the **Culinary Institute of America** has been setting the










standard for excellence in professional culinary education. A world of diverse cuisines and enticing flavors await you at the award winning, student-staffed restaurant. The home of the great chefs of tomorrow who will prepare and serve your meal under the guidance of world-class chef-instructors. Our visit will begin with a guided tour of the magnificent stone mansion including the culinary school, grounds, and marketplace. After our tour, we invite you to relax and enjoy a 3-course hosted luncheon offering an array of delicious culinary temptations prepared by these culinary artisans.



The Oxbow Public Market features the work of local artisan specialties including olives, wine, cheese, chocolate, ice cream, bakery goods, meats, seafood, coffee, tea, spices, fresh produce, hand made crafts and gift items. We'll enjoy a guided tour of the market offering a fun and educational experience followed by free time to sip, taste and shop!

DEPART: 8:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

Monday	Tuesday	Wednesday
<p>2</p> <p>10:45 Dancing, Social Hall 11:45 Lunch</p> <p>Beef stew, Whole grain roll, Carrots, peas, onions, celery and potatoes in entrée</p> <p>1:00 Big Bingo, Social Hall</p> 	<p>3</p> <p>9:00 Tax Assistance 11:45 Lunch</p> <p>Chicken cacciatore, noodles Bell peppers, mushrooms, tomatoes and onions in entrée, Green salad, Apple crisp</p> <p>1:00 Movie: Moneyball 4:00 Wii Bowling 4:30 AARP - refresher course</p>	<p>4</p> <p>7:30 Chukchansi Casino 9:00 Tax Assistance 10:30 Line Dancing, Social Hall 11:45 Lunch</p> <p>Roast pork loin, Whole grain bread, Broccoli, cauliflower & carrots, Mashed potatoes, Fruit</p> <p>12:45 Bingo, Social Hall 5:30 Movie: Moneyball</p>
<p>9</p> <p>8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch</p> <p>Chicken cordon bleu (stuffed with ham and cheese), Brown rice, Peas & pearl Onions, Green salad, Fruit</p> 	<p>10</p> <p>8:50 Eyeglass Repair 9:00 Tax Assistance 10:30 Book Club - The Secret Daughter 11:45 Lunch</p> <p>Beef stroganoff, Noodles, California blend veggies, Cabbage salad, Gelatin w/ fruit</p> <p>1:00 Movie: Rise of the Planet of the Apes 4:00 Wii Bowling</p> 	<p>11</p> <p>9:00 Tax Assistance 9:00 SJSU Hearing Screening 10:30 Line Dancing, Social Hall 11:45 Lunch</p> <p>Teriyaki chicken, Brown rice, Japanese blend veggies, Green Salad, Fruit</p> <p>12:45 Bingo, Social Hall 5:30 Movie: Rise of the Planet of the Apes</p>
<p>16</p> <p>10:45 Dancing, Social Hall 11:45 Lunch</p> <p>Chop suey (pork), Brown rice, Bok choy, onions, celery, bean sprouts in entrée, Cabbage salad w/ crispy Noodles, Apricots</p> <p>2:00 Newcomer's Group</p>	<p>17</p> <p>9:00 Tax Assistance 11:00 CSA Information + Referral 11:45 Lunch</p> <p>Ron's special chicken, Whole grain Bread, Mixed veggies, Green salad, Topical fruit</p> <p>1:00 Movie: Dolphin Tale 4:00 Wii Bowling</p>	<p>18</p> <p>10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch</p> <p>Baked salmon stuffed w/ crab, Couscous w/ onions, mushrooms & green bell peppers, String beans, Carrot raisin salad, Fruit</p> <p>12:45 Bingo, Social Hall 2:00 Senior Advisory Committee Mtg 2:30 Workshop: 'Introduction to Printing' 5:30 Movie: Dolphin Tale</p> 
<p>National Volunteer Week.</p>		
<p>23</p> <p>10:45 Dancing, Social Hall 11:45 Lunch</p> <p>Beef stir-fry, Brown rice, Roasted carrots, zucchini, red bell peppers, onions & sesame seeds, Orange</p>	<p>24</p> <p>8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch</p> <p>Chili verde (pork), Tortilla, Fresh refried beans, Green salad, Fruit</p> <p>1:00 Movie: Courageous 4:00 Wii Bowling</p> 	<p>25</p> <p>10:30 Line Dancing, Social Hall 11:45 Lunch</p> <p>Spaghetti w/ meatballs, Garlic bread Italian veggies, Sliced tomatoes & bell peppers, Fruit</p> <p>12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: Courageous</p> 
<p>30</p> <p>10:45 Dancing, Social Hall 11:45 Lunch</p> <p>Chicken pot pie, Mixed veggies in entrée, Tossed Salad, Fortified juice</p> 		

Thursday

Friday

5

8:30 Notary Service
10:30 Bookmobile
11:45 Lunch

Chicken enchilada, Spanish rice, Corn, Green salad, Fruit
1:00 Workshop: 'Brain Gang'
1:00 SALA Appointments

12

10:00 VTA Transit Photos
10:15 A Day at the Races
10:30 Bookmobile
11:45 Lunch

Hot turkey sandwich, Bread, Green beans & carrots, Fortified juice, Oatmeal cookie
SPRING CELEBRATION & HAT CONTEST- PRIZES FOR FUNNIEST, PRETTIEST & MOST ORIGINAL HAT

1:00 Workshop: 'Elder Fraud'

19

10:30 Bookmobile
11:45 Lunch

Baked ham w/ pineapple sauce, Whole grain bread, California blend Veggies, Baked potato, Fruit

1:00 SALA Appointments

1:00 Workshop: 'Advanced Care Directive'

6

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch

Country fried steak, Whole grain bread, Broccoli & carrots, Mashed potatoes, Pears

1:00 Movie: Moneyball

13

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch

Baked fish, Pasta w/ Peas & red bell Peppers, Spinach salad, Fruit

1:00 Movie: Rise of the Planet of the Apes

20

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch

Chicken noodle soup w/veggies, Dinner roll, Salad w/ red cabbage, tomatoes, carrots & 1/2 egg, Orange

Come Celebrate Birthdays

1:00 Movie: Dolphin Tale

Thank you for all you give . . .

Coloring Easter Eggs

Prep: 25 minutes

Ingredients:

Eggs
Boiling water
Vinegar
Liquid food colors (green, yellow, red, blue)

Preparation:

To hard boil eggs, place eggs in saucepan. Cover with cold water. Cover pot and bring to a boil. Allow eggs to simmer for 15 minutes. Remove from heat and drain eggs. Rinse with cool water.

In coloring eggs, add 1 teaspoon vinegar to ½ cup boiling water. Add at least 20 drops of desired color. Dip hard boiled eggs in colored water. The longer in the water the deeper the color.

Store eggs in refrigerator. Colors can be mixed to make other colors. (Yellow and red equals orange, red and blue is purple and so on.)
HAPPY EASTER!!



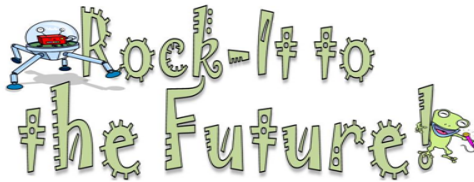
NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!

Spring Parade



Please join us as the Recreation Division presents this year's 34th Annual Spring Family Parade, "Rock-It to the Future!" The parade will begin on Castro Street at Villa Street at noon and continue into Pioneer Park for crafts, games, music and fun! The event will take place rain or shine.

**Saturday, April 28,
12:00 p.m. – 3:00 p.m.**



WORKSHOP SURVEY

Every month, the Senior Center offers several free workshops on topics that range from health to hobbies to resources in the Bay Area for seniors. We would like to hear from you! Please let us know which workshops you are interested in and give us feedback on any workshops you have attended. Workshop Series Surveys are available at the front desk! 'Help us, help you'

**GIVE US
YOUR EMAIL**

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!

Are you on **facebook**? Get to-the-minute updates on recreation opportunities and events by "liking" the City of Mountain View Recreation Division Facebook page!

Celebrate Older Adults Month in May!

This year's theme is "Never too old to play". The Senior Center wants to know, what do you do to play? How do you keep fun and excitement part of your life? Dancing to the radio? Eating cookies for breakfast? Playing golf on a Tuesday afternoon? Submit your answers to the front desk by Monday, April 23, and we'll share them in May's display case.



National Volunteer Month

The Senior Center could not function without its many volunteers. They help support so many

programs within our walls from the front desk to the lunch program to classes and workshops! April 15-21 is the 2012 National Volunteer Week, so to all of you who volunteer, THANK YOU! Be sure to thank those who give their time at the Senior Center and throughout our community.

